

A Doctor's First Question Is ?

"How are Your Bowels?" A Simple Remedy that Guarantees Good Bowel Action.

Trace the origin of the commoner ills of life and almost invariably you will find that constipation was the cause. It is not to be expected that a mass of fermented food can remain in the system beyond its time without violating the blood and affecting the nerves and muscles. It congests the entire body.

The results are colds, fevers, piles, headaches, and nervousness, with its accompanying indigestion and sleeplessness. There is only one thing to do, and that is to remove the trouble; and when nature seems unable to do it, outside aid is necessary. You will find the best of all outside aids a remedy that many thousands are now using for this very purpose, called Dr. Caldwell's Syrup Pepsin. Many hundreds of letters are received by Dr. Caldwell telling of the good results obtained, and among the enthusiastic letters is one from Lieut. G. W. Vaughan, of 623 W. North St., Decatur, Ill. He is 72 and has had a bad liver and stomach since he came out of the army. He says he tried about everything, but never succeeded in getting permanent relief until he took Dr. Caldwell's Syrup Pepsin. He is never without a bottle in the house, and he is never without good health.

It has untold advantages over pills, salts and the various coarse cathartics



LIEUT. G. W. VAUGHAN

and purgatives, for while these do but temporary good, Syrup Pepsin cures permanently. The effect of its action is to train the stomach and bowel muscles to do their work naturally again, and in a short time all forms of medicine can be dispensed with. It can be bought without inconvenience at any nearby drug store for fifty cents and one dollar a bottle, the latter size being regularly bought by those who already know its value. Results are always guaranteed or money will be refunded.

Families wishing to try a free sample bottle can obtain it postpaid by addressing Dr. W. B. Caldwell, 203 Washington St., Monticello, Ill. A postal card with your name and address on it will do.

Hearty Welcome.

Mrs. Clay telephoned to a friend that she would come down and spend the day.

"Well, here I am!" she exclaimed cheerily, as the little daughter of the hostess opened the door.

"Yes," replied the child; "I'm glad to see you; and I know mother will be glad, too, for this morning when you phoned that she was thankful she was going to have the visit over with."—Lippincott's Magazine.

JUDGE CURED, HEART TROUBLE.

I took about 6 boxes of Dodds Kidney Pills for Heart Trouble from which I had suffered for 5 years. I had dizzy spells, my eyes puffed, my breath was short and I had chills and backache. I took the pills about a year ago and have had no return of the palpitations. Am now 63 years old, able to do lots of manual labor, am well and hearty and weigh about 200 pounds. I feel very grateful that I found Dodds Kidney Pills and you may publish this letter if you wish. I am serving my third term as Probate Judge of Gray Co., Yours truly,



Judge Miller.

PHILIP MILLER, Cimarron, Kan. Correspond with Judge Miller about this wonderful remedy.

Dodds Kidney Pills, 50c. per box at your dealer or Dodds Medicine Co., Buffalo, N. Y. Write for Household Hints, also music of National Anthem (English and German words) and recipes for dainty dishes. All 3 sent free. Adv.

The Pioneer.

"Who started the first exposure of the underworld?"

"I guess it was the first volcano."

Dr. Pierce's Pleasant Pellets first put up 40 years ago. They regulate and invigorate, stomach, liver and bowels. Sugar-coated tiny granules. Adv.

A man is afraid of an intellectual woman because he knows she isn't afraid of anything.

Would it be the part of wisdom to turn your back on the backbiter?

Putnam Fadeless Dyes will last until the goods wear out. Adv.

Actors imitate mankind; amateurs imitate actors.

1913 RECORD **Magnificent Crops in all Western Canada**

All parts of the Provinces of Manitoba, Saskatchewan and Alberta, have produced wonderful yields of Wheat, Oats, Barley and Flax. Wheat graded from Contract to No. 1 Hard, weighed heavy and yielded from 29 to 45 bushels per acre; 27 bushels was about the total average. Mixed Farming may be considered fully as profitable an industry as grain raising. The excellent grasses full of nutritious food, the only food required either for beef or dairy purposes. In 1912, and again in 1913, at Chicago, Manitoba carried off the Championship for beef steers. Good schools, markets convenient, climate excellent. For the homesteader, the man who wishes to farm extensively, or the investor, Canada offers the biggest opportunity of any place on the continent.

Apply for descriptive literature and reduced railway rates to Superintendent of Immigration, Ottawa, Canada, or to

W. V. BENNETT
Bee Building
Omaha, Neb.
Canadian Government Agent

160 CENTS **WESTERN CANADA FREE**

PISO'S REMEDY
Best Cough Syrup. Throat Good. Use in time. Sold by Druggists.
FOR COUGHS AND COLDS



GOOD ROADS

FARM ROADS AND SPEEDWAYS

Government More Interested in Benefiting Farmer Than Improving Highways for Automobiles.

Secretary Houston of the department of agriculture gave his hearers at the recent good roads convention in Detroit a sensible talk on road building in general and government aid in particular. He declared that the government, so far as he is its mouthpiece and connected with its operations, is more interested in improving the truly rural roads of the country (those over which farm produce is hauled to market) than it is in improving the transcontinental highways which are mainly used by automobile tourists. He also asserted that if government aid is forthcoming it will be on the basis of state apportionment, rather than congressional district or county or road district. Secretary Houston's speech is such a clear exposition of the intentions of the present administration that we take a considerable extract from it:

The essential thing to be done is the providing of good roads which shall get products from the community farms to the nearest station and make rural life more profitable, comfortable and pleasurable.

There are complex problems to be solved in many states before the most efficient expenditure of money by states and communities for roads can be secured, and there are many more



Earth Road Showing Imperfect Drainage.

to be worked out before one can rationally expect the federal government largely to participate.

That the suggestion of federal aid to road building raises grave questions and involves possible dangers no thoughtful citizen doubts. There are proposals before the public mind which would bankrupt the federal treasury and suggest possible abuses before which those of the worst pork-barrel bills of the past would pale into insignificance.

It would be especially pernicious if such aid should result in stifling the spirit of local self-help.

The first practical essentials in the planning of road legislation would seem to be to recognize the states as the smallest unit with which the federal government might deal. This would give relief in a measure from the insistent demand that would come from every township and every district in the Union for its share of state or federal assistance, without reference to the merits of the case or the practicability of the undertaking.

In the case of roads on which federal money is to be expended it would seem essential and wise that the federal agency should have the requisite power of the approval of the selection, supervision of the construction and maintenance, and the right of inspection.

It is reasonably clear that for every reason there must be some automatic check upon the demands to be made upon congress and that this should be afforded through the requirement that the states and the localities should contribute an amount both for construction and maintenance at least equal to and possibly double that contributed by the federal government, and that, in the apportionment of any possible federal funds a number of basic factors such as population, area, wealth, or minimum cost of construction, should control, I have not the least doubt.

In short, as a practical program, I believe that this matter is one in which haste can best be slowly made.

Co-Operation Needed.
Co-operation is necessary for the most systematic road building. That is one reason why Missouri has been doing so much to improve her roads, because her people in the different communities have been willing to co-operate.

Road Drag a Necessity.
The road drag should be a necessity upon every farm that borders along the road. The man who is liberal minded and patriotic enough to keep his road dragged is a good citizen.

There's a Reason for Postum.

Instant Postum—is a soluble powder. A teaspoonful dissolves quickly in a cup of hot water and, with cream and sugar, makes a delicious beverage instantly. Grocers sell both kinds.

No Rest—No Peace

There's no rest and but little peace for a person whose kidneys are out of order.

Lame in the morning, suffering cricks in the back and sharp stabs of pain with every sudden strain, the day is just one round of pain and trouble.

It would be strange if all-day backache did not wear on the temper, but it is not only on that account that people who suffer with weak kidneys are nervous, cross and irritable.

Uric acid is poison to the nerves, and when the kidneys are not working well, this acid collects in the blood and works upon the nerves, causing headache, dizziness, languor, an inclination to worry over trifles, and a suspicious, short temper.

Rheumatic pain, neuralgia, sciatica, lumbago, neuritis and gravel are further steps in uric acid poisoning.

Don't neglect kidney weakness. An aching back, with unnatural passages of the kidney secretions, is cause enough to suspect the kidneys. Use Doan's Kidney Pills, a remedy which has been used for years, the world over, for weak kidneys, backache, ir-

"Every Picture Tells A Story"



"Oh, I shall go mad."

regular kidney action and uric acid trouble. Thousands of grateful recommendations throughout the country prove their worth.

LAI'D UP IN BED Gave Up All Hope of Recovery

Mrs. Frank L. Mann, 1000 W. Main St., Vermillion, S. Dak., says: "When I was six years old I had diphtheria and it left my kidneys and bladder very weak. From that time until I was seventeen years old, I had kidney weakness, but as I got older I thought I would outgrow the trouble. I didn't, however, and as time passed I got worse. My feet and limbs were terribly swollen and I couldn't wear my shoes. My back was so stiff I could hardly bend over and I was laid up in bed for over a month. I lost much weight and in spite of the doctors' medicine, I didn't improve. Dizzy spells came over me and my sight was affected. Finally I gave up the doctors in despair and life certainly looked blue. I didn't think I would ever be well again. When everything else had failed, a friend urged me to try Doan's Kidney Pills and I did. After I took the first box, I noticed improvement and gradually the ailments left me. I picked up in weight and strength and by the time I had used eight boxes of Doan's Kidney Pills I was cured. I have never had any sign of kidney trouble since."

"When Your Back is Lame—Remember the Name"

DOAN'S KIDNEY PILLS

Sold by all Dealers. Price 50 cents. Foster-Milburn Co., Buffalo, N. Y., Proprietors.

Dodging.
"Will you give me your name, please?"
"Pardon me, miss, but this isn't leap year."

IS CHILD CROSS, FEVERISH, SICK

Look, Mother! If tongue is coated, give "California Syrup of Figs."

Children love this "fruit laxative," and nothing else cleanses the tender stomach, liver and bowels so nicely.

A child simply will not stop playing to empty the bowels, and the result is they become tightly clogged with waste, liver gets sluggish, stomach sour, then your little one becomes cross, half-sick, feverish, don't eat, sleep or act naturally, breath is bad, system full of cold, has sore throat, stomach-ache or diarrhoea. Listen, Mother! See if tongue is coated, then give a teaspoonful of "California Syrup of Figs," and in a few hours all the constipated waste, sour bile and undigested food passes out of the system, and you have a well child again.

Millions of mothers give "California Syrup of Figs" because it is perfectly harmless; children love it, and it never fails to act on the stomach, liver and bowels.

Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly printed on the bottle. Adv.

Not for Home Use.

"He has an offensively important air."

"Yes, but that's his away-from-home look."

Astonishing Tobacco Remedy—Guaranteed to instantly remove taste for cigarettes or tobacco in any form, or money cheerfully refunded. Send for and receive wonderful remedy by return mail. Address: Dr. J. C. Tolson, Chicago, Ill., U.S.A.

A man always expects his wife to be a lot better than he expects her to expect him to be.

Sprains, Bruises, Stiff Muscles

are quickly relieved by Sloan's Liniment. Lay it on—no rubbing. Try it.

Ankle Sprain and Dislocated Hip.

"I sprained my ankle and dislocated my hip by falling out of a third story window. Went on crutches for four months. Then I started to use your Liniment, according to directions. I must say it is helping me wonderfully. We will never be without Sloan's Liniment any more."—Chas. Johnson, Lewiston, Idaho, N. J.

SLOAN'S LINIMENT

Kills Pain

Splendid for Sprains.

"I fell and sprained my arm a week ago and was in terrible pain. I could not use my hand or arm until I applied your Liniment. I shall never be without a bottle of Sloan's Liniment."—Mrs. H. D. Springer, Elizabeth, N. J.

Fine for Stiffness.

"Sloan's Liniment has done more good than anything I have ever tried for stiff joints. I got my hand hurt so badly that I had to stop work right in the busiest time of the year. I thought at first that I would have to have my hand taken off, but I got a bottle of Sloan's Liniment and cured my hand."—Wilton H. Foster, Morris, Ala.

At all Dealers, 25c, 50c, and \$1.00

Send for Sloan's free, instructive book on horses, cattle, dogs and poultry. Address

Dr. EARL S. SLOAN, Inc., Boston, Mass.

Pettit's Eye Salve

GRANULATED ITCHING LIDS

W. N. U., OMAHA, NO. 6-1914.

Stop baking bread so often. Buy and try

Sunshine L.W. SODA CRACKERS

They give the men folk and little folk muscle and energy because they are digestible. They're better for the family's health because of their light and flaky crispness. Serve Sunshine L.-W. Soda Crackers and you add a change to meals that improves the appetite, saves you time and the trouble of baking, and delights everyone with a delicious and wholesome treat.

LOOSE-WILES
BISCUIT COMPANY
Bakers of Sunshine Biscuits



In the big, economical, air-tight, family package—

25c

SUNSHINE L.W. SODA CRACKERS

IN THIS TRIPLE SEALED CARTON FRESH CRACKERS AND FLAVOR CAN BE IMPROVED BY ADDING A LITTLE BUTTER